

Now Accepting Patients

~~Surviving~~ Thriving through the Holidays with an Eating Disorder

An 8-Week Virtual IOP Program for Florida Residents

Navigating the holidays while in eating disorder recovery is challenging. Lack of structure, food-focused celebrations and complicated family dynamics can set the stage for stressors and potential setbacks.

In anticipation of these holiday hurdles, Center for Discovery North Palm Beach has developed an eight-week intensive outpatient (IOP) program for eating disorder patients. Our CFD Holiday IOP Program will provide participants the strategy, skills and structure needed to not just survive, but to thrive during the holidays, including specialized support for binge eating disorder patients through our Path to Peace Program.

CFD Holiday IOP **starts the week before Thanksgiving and runs through the beginning of the New Year**, ensuring patients have support when they need it most. Here's what to expect:

- Anticipate potential triggers and develop plans to overcome them
- Practice coping skills
- Connect with peers to give and receive mutual support
- Explore family dynamics
- Create a vision for the year ahead

Convenient In-Person and Virtual Options

Whether you're near our North Palm Beach outpatient center or elsewhere in the state, we've got virtual* and in-person options that allow you to stay connected and in treatment throughout the holiday season.

Program Details

- 2 groups Monday through Friday, plus meal support
- 1 individual dietary session each week
- 1 individual therapy session each week

When:

Monday through Friday, 3-6 pm
November 15, 2021 through January 7, 2022

Who:

All genders 14+ who meet the clinical criteria for an IOP level of care

Covered by some insurances. Please ask for a complementary insurance benefits check. Private pay option also available.



Enrollment begins October 18. Call today! Space is limited.
(772) 932-5178
centerfordiscovery.com/holiday-npb